



# ***Australian Rowing News***

**Issue 23: July 2006**

## **FROM THE CEO**

### **Rowing Australia Council Meeting**

The RA Council meet on the weekend of 5–6 July in Sydney for its mid-year General Meeting.

The major items of business on the agenda for the weekend were:

- Consideration of the consultant's recommendations that have resulted from the Governance Review of Rowing Australia, conducted over the last eight months.
- The consideration and approval of the RA budget for the 2006–2007 financial year.
- The receipt of reports from each of the business units of Rowing Australia.

### ***Governance Review***

It was reported in a previous issue of RA News that BoardWorks International had been engaged, with the assistance of the Australian Sports Commission, to conduct a review of the governance structure and practices of RA. A Steering Committee comprising representatives of RA, the Australian Sports Commission, the RA Council and BoardWorks International oversaw the review process, which commenced in November 2005.

During the review process, the consultants met with each state association, the RA Directors and other significant related parties including the Australian Sports Commission, Australian Olympic Committee and the RA legal advisers, Brian Ward and Partners in order to establish a comprehensive understanding of the sport of rowing and its governance practices.

The consultant provided a comprehensive report that, in summary, indicated that the governance framework and practices of Rowing Australia were generally sound and that only evolutionary changes were required to align the organisation with the demands of its future operating environment.

At the General Meeting, the RA Council agreed on a consensus position regarding each recommendation that will allow RA to draft a new Constitution, to be considered at the 2006 Annual General Meeting in December.

This is an outstanding outcome for Rowing Australia that will serve the organisation, its members and the sport well into the future.

### **2006–2007 Budget**

The Director of Finance, Mr Peter Crawford, presented the 2006–2007 budget across the five business units of RA that was unanimously approved by the Council.

Features of this budget include provisions for:

- Increased direct financial support for athletes on the Senior A Team.
- The 2006 Croker Oars Rowing Australia Coaches Conference to be held on the Gold Coast from 6–8 October.
- Engaging sponsorship and communications support for RA.
- Establishing the Australian International Rowing Foundation as the capital-acquiring entity for RA.
- The production of enhanced coach education resources.
- The ongoing involvement of the highly respected international technical consultant, Mr Thor Nilsen, with our national program.
- Enhanced media coverage of the 2006 FISA World Rowing Championships.

### **Reports**

The Council received reports from the five business units of RA being Administration, Development, Competition, the Rowing Online Management System (ROMS) and High Performance.

### **New RA Elite Program Manager**

I am pleased to announce that Greg Howell has accepted the position of RA Elite Program Manager.

Greg comes to RA from Rowing Queensland, where he has been the CEO for approximately three years. Greg was awarded an MBA in 2003 and also holds a Bachelor of Human Movement Studies.

On the water, Greg was a successful national team coach from 1999 to 2002 and was recognised as the NSW Coach of the Year in 1999 and 2002.

We're all looking forward to working with Greg as a key member of the RA high performance unit in preparation for Beijing and beyond.

### **New World Champions**

A team of 29 athletes competed in Hazewinkel last weekend following a preparatory camp in the town of Varese, northern Italy.

On behalf of the whole rowing community, I'd like to congratulate our new World Champions, Charlotte Walters, Verena Stoeker, Annika Naughton and Renee Kirby, who led all the way to win gold in the U23 Women's Four.

In other results, I'd also like to congratulate the Men's Coxed Four that was pipped on the line to win silver, our fast-finishing Men's Lightweight Quad that won bronze, and the Women's Pair that took home bronze.

Full race results are available on the RA website.

## **Commonwealth Regatta and World University Games**

As a core member of the Commonwealth Rowing Association (CRA), RA continues to work with its Commonwealth colleagues to reinstate rowing to the Commonwealth Games program.

Until then, the CRA plans to conduct a Commonwealth Rowing Regatta in each year that a Commonwealth Games is conducted. This year, the regatta will be held at the Strathclyde course in Scotland near Glasgow from 4-6 August.

On the water, 14 athletes and four coaches will wear the green and gold while in the board room, RA President, Patrick McNamara, will represent RA.

The team will then travel to Lithuania to contest the World University Rowing Championships.

## **FISA Junior World Rowing Championships**

Ten athletes, three coaches plus support staff departed Australia on 22 July to compete in the World Junior Rowing Championships from 2 to 5 August. Log on to the RA website to follow the race results.

## **World Rowing comes to Foxtel**

RA is excited to announce that it has been successful in negotiating a three-year deal with Foxtel to broadcast each of the three FISA World Cup and FISA World Championships finals days.

The arrangement will commence with a delayed package in 2006 and is a significant achievement in the effort to promote our sport in Australia.

The broadcast schedule will be announced shortly.

## **Brendon Prout**

Some of you may be aware that ACTRA President, Brendon Prout, recently underwent complex cancer-related surgery to his neck and throat. It is with a great sense of relief that I can report that Brendon came through the surgery with the same sense of energy and good humour that he is renowned for and is at home recuperating. I'm sure you all join with me in wishing him a speedy recovery.

**Andrew Dee**  
**Chief Executive Officer**

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## HIGH PERFORMANCE

### 2006 International Tours — Australia's 'home away from home', in Italy

Australia's rowers should next year be able to take advantage of some of the most state-of-the-art training facilities at the AIS European Training Hub at Gavirate, northern Italy. The training centre, which is on the shores of Lake Varese, will essentially be a 'home away from home' for the country's top rowers, who will have the ability to live, train, and benefit from expert sports medicine and sports science advice at the facility.

The AIS said the site was chosen because of its warm weather and minimal rainfall and its close proximity to the rest of Europe. While the facility should be ready in 2007, Australia's rowers will this year be staying at the Hotel Continental and training out of the Gavirate Rowing Club.



Image courtesy Dr Krysz Szatsznajder

The arrangement between RA and the Gavirate Rowing Club has existed for 14 years. Lake Varese is about eight kilometres long: the size of the lake means other countries will be using it, including a 38-strong Great Britain squad.

The Australian team will be in Italy for 10 days, with nine of those involving training.

The convenience of the site makes it all the more appealing for the team as well.

This year the team will fly out of Australia direct to Rome and then catch a connecting flight from Rome to Milan and some 'back street' manoeuvring from the airport will see the team arrive at the lake in about 25 minutes.

In the mean time, the Australian team will be competing in various training camps — primarily in Sydney — before they depart for August's World Rowing Championships.

The Women's Eight and the Women's Quadruple Sculls will be locked in a training camp for two weeks at Penrith while some crews, including the Women's Lightweight Women's Double Sculls, are already overseas.

## World Cup Wrap-up

The Australian Rowing team arrived back from the first of their two European tours, bringing a swag of 13 medals from two World Cup regattas with them.

The team won two gold, four silver and seven bronze medals at the Munich and Poznan events, and is perfectly placed to mount a big charge at August's World Rowing Championships in Eton, UK.

Competition for places within the team is high.

The men's crews had several pleasing results while the performance of the women's crews was extremely consistent throughout the two regattas.

The men in particular will be looking to continue the momentum established at the last world cup meet in Poznan, while the women's crew will be out to replicate their sterling efforts from last year's World Rowing Championships in Gifu, Japan.

## U23 World Championships

Australia claimed four medals at the U23 World Championships in Hazewinkel, Belgium, held between 20 and 23 July.

The Women's Four crew stormed home to win gold ahead of Belarus and Poland. The Men's Coxed Four were in the running but finished behind a determined New Zealand crew to finish with a silver medal.

Australia also claimed two bronze medals with the Men's Lightweight Quad, and the Women's Coxless Pair combination of Katelyn Gray and Phoebe Stanly, putting in strong performances.

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## DEVELOPMENT

### Croker Oars 2006 Rowing Australia Coaches Conference



**PROGRAM FINALISED**

Rowing Australia is pleased to announce that the program for the Croker Oars 2006 Rowing Australia Coaches Conference is now confirmed. It includes presentations from:

- *Thor Nilsen, Development Director, FISA*
- *Noel Donaldson, High Performance Director, Rowing Australia*
- *Andrew Matheson, High Performance Manager, Rowing New Zealand*
- *Brian Richardson, Head Coach Men / Senior Coach Men, Rowing Australia / AIS*
- *Lyall McCarthy, Head Coach Women / Senior Coach Women, Rowing Australia / AIS*

And many more ... [click here](#) to view confirmed topics and presenters

**Conference website:** [click here.](#)

**Registrations:** are now open for the conference to be held at the Radisson Resort on Queensland's Gold Coast from 6–8 October. [Click here](#) for registration forms.

**Trade Exhibitors:** registrations are now open — [click here](#) for all documentation.

## **Adaptive Camp**

Australia's elite adaptive rowers participated in a four-day training camp at the Australian Institute of Sport (AIS) in Canberra between 12 and 15 July. This year's Australian Adaptive Team includes athletes with intellectual disabilities, spinal injuries and amputees.

Funding provided by the Australian Paralympic Committee allowed RA to invite two crews that are preparing for the 2006 World Rowing Championships, to be held in Eton, UK in August. This represents the first elite adaptive rowing camp that has been conducted by RA since the establishment of RA's elite adaptive rowing program, and was an important step forward as we prepare for Beijing.

After winning a gold medal at last year's World Rowing Championships at his first attempt, single sculler Dominic Monypenny is in great form and well on track to defend his title. With increased competition in the international arena, the Adaptive Mixed Four will have their work cut out, however the camp provided the perfect opportunity to gauge their progress.

The camp was made possible by the support of the AIS, ACTAS and the ACT rowing community, which provided equipment and facilitates.

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## **COMPETITION**

### **Success for King's at Henley**

The King's School, Parramatta, took out the Fawley Challenge Cup, a quadruple sculls event, at the Henley Royal Regatta earlier this month.

The King's School, stroked by Cam Girdlestone, finished with a time of 6.48, a length ahead of a composite crew from Sydney Rowing Club/Mosman Rowing Club.

The win caps off a remarkable year for King's rowing after it claimed the 2006 NSW schoolboys Head of the River.

## **2006 Australian Youth Cup**

The 2006 Australian Youth Cup will be held at the A M Ramsay Regatta Course, West Lakes, South Australia from 1 to 3 September 2006. Teams from the seven State Rowing Associations and New Zealand will compete for the Rusty Robison Youth Cup. As a teams-based competition, each athlete will compete in three events, accumulating points to their team's overall total.

The teams have been selected and are currently completing their final preparations. With the previous two teams from New Zealand (North and South Island) combining to form one team, the New Zealand juniors are expecting to be very competitive again this year as they try to retain the title they won in 2005. With the competition standard increasing, the Australian crews are expected to be strong with all teams hoping to take the Cup from the New Zealanders.

A reminder to all State Rowing Associations that entries close at 5:00pm CST on Friday, 18 August 2006, via ROMS.

## **2007 Australian Youth Olympic Festival**

Bulletin 1 for the 2007 Australian Youth Olympic Festival (AYOF) has been published and is now available on the Rowing Australia website.

The 2007 AYOF will be held in Sydney from 17 to 21 January 2007 with the rowing to be conducted at SIRC on 20 and 21 January. The inclusion of two additional international teams will see the competition contested by all Australian State Rowing Associations, New Zealand, Great Britain and China. The inclusion of the international teams is a credit to the increasing standards of this event.

Rowing Australia is required to provide boats and oars for the international teams. It would be greatly appreciated if any schools or clubs who are able to assist in sourcing equipment could contact Adam Horner at Rowing Australia as soon as possible.

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## **OTHER NEWS**

### **Cocktail party a success for SA Under 23 rowers**

On Saturday the 1<sup>st</sup> of July the Adelaide University Boat Club hosted a fundraising cocktail party to support the South Australian members in the U23 team compete at the World U23 Rowing Championships in Belgium. With a cocktail menu featuring such formidable creations as 'The Little Ozzy Winner' and 'The Black's Belgium Belter' the night always promised to be an absolute corker ... and it certainly delivered. Over 100 young party goers attended the event and thanks to the smoke machine and multiple-effects lights kindly donated by Adelaide company BSS Light and Sound the shed was quickly transformed into one giant dance floor. Inevitably much fun was had ... and much smoke was generated.

The night was very successful and raised several thousand dollars which will be shared between the athletes. We would like to thank the companies that very generously donated product for the night: **BSS Light and Sound** for providing us with music and lighting equipment; **Coopers** for providing beer to serve; and, **All Party Hire** who supplied us with the party hire gear. The support of these three companies was wonderful and their support was essential in keeping our costs down.

***Sculling: Training, Technique & Performance***  
**by Paul Thompson: now in stock**



Whether you are about to go out in a sculling boat for the first time, simply enjoy recreational sculling, or have aspirations to be a member of the national team, this book contains information that will help you to improve your performance and maximise your potential.

*Sculling* considers the principles that underlie training, technique and the correct adjustment of the boat's rigging and gearing. It offers practical advice on how those principles can be applied.

Paul Thompson has coached world champion crews for Australia and Great Britain and his crews have won medals at three Olympic Games, including a gold in 1996 with Megan Marcks (nee Still) and Kate Allen (nee Slatter) in the Women's Coxless Pair.

*Sculling* is now available at a price of \$45.00. To order your copy through RA, complete and return an order form, available from the RA website at [http://www.rowingaustralia.com.au/SHOPPING\\_ORDER\\_FORM.doc](http://www.rowingaustralia.com.au/SHOPPING_ORDER_FORM.doc)

## 2006 EVENTS OF INTEREST

<a href="#">World Junior Rowing Championships</a>	2 to 5 August	Amsterdam, The Netherlands
Commonwealth Rowing Regatta	5 and 6 August	Strathclyde, Scotland
<a href="#">World University Rowing Championships</a>	11 to 13 August	Trakai, Lithuania
<a href="#">World Senior Rowing Championships</a>	20 to 27 August	Eton, UK
2006 Youth Cup Rowing Regatta	1 to 3 September	West Lakes, South Australia
Croker Oars 2006 Rowing Australia <a href="#">Coaches Conference</a>	6 to 8 October	Gold Coast, Australia

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